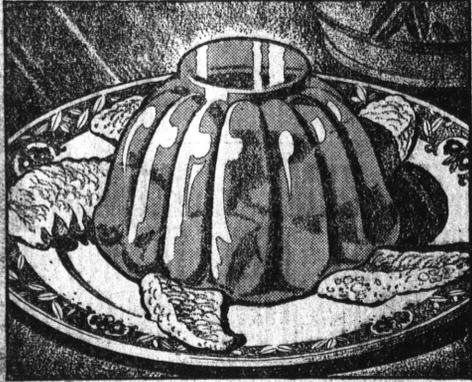


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RASPBERRY JELL-O each mold served on grapefruit sections (Illustrated below)



● TWO-PENNY SALAD ● CHERRY GAYETY

Dissolve 1 package Lemon Jell-O in 1 pint boiling water; add 1/2 teaspoon each of salt and celery salt, 3 tablespoons vinegar, and two tablespoons tomato ketchup. Chill. When slightly thickened, fold in 1 cup cabbage, finely shredded. Pour into individual molds. Chill until firm. Unmold on crisp lettuce. Garnish with mayonnaise. Serves 6.

Dissolve 1 package Lime Jell-O in 1 pint boiling water. Pour into shallow pan. Chill until firm. Cut in cubes. Distribute 1/2 cup maraschino cherries (drained) in bottom of sherbet glasses and fill glasses with Jell-O cubes. Serves 6.

● When you want Jell-O in double-quick time, follow speed directions on the Jell-O package.

All measurements in these recipes are level

JELL-O

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THIS SPECIAL SEAL, EXCLUSIVE WITH JELL-O, SEALS IN JELL-O'S PURE FRUIT FLAVOR—KEEPS JELL-O FRESH.



MRS. JULIA LEE WRIGHT
National Director of Homemakers' Bureau, in her office.

Parties For Homemakers

By JULIA LEE WRIGHT
Director Safeway Homemakers' Bureau

In the month of September 1930, the Safeway Homemakers' Bureau began its career of general helpfulness to the Western housewives. Before the end of November, the response to the offers of assistance was so great that the daily mail sometimes totaled five hundred letters and generally averaged two hundred and fifty. While the main aim of the Bureau was to help the homemaker with her daily menu planning and food preparation, the offer of assistance in planning not only food but also decorations and games for parties was made and this has grown to be one of the most important branches of the department. All members of the staff are constantly on the lookout for new ideas in games and all other ways of entertaining. These are usually "tried on the family" and ways of explaining the rules of playing made as simple as possible.

The Safeway Homemakers' Bureau has planned hundreds of parties in the past year and it is certainly interesting to see the important place entertaining holds in homemaking, as indicated by our correspondence. We have letters constantly from homemakers asking help in planning parties of every kind and for every age, from the birthday of a year-old baby to the celebration of a golden wedding anniversary.

One of our regular requests is a surprise party for the husband on his birthday. We have a most popular party plan for this as it does not necessitate any scheming to get Mr. Husband dressed up; in fact, he may come in his best beloved slippers and housecoat. This was originally planned for a Lincoln's Birthday party and is sometimes called a "hard ting party" as it features the more rugged pioneer days—and even the food has a special appeal for men. Then too, we plan parties for

every possible occasion, from New Year's to Christmas, never overlooking a holiday or birthday of general importance. This year adds an extra opportunity for celebrations as it is Leap Year—and furnishes a change in stunts and decorations.

For the bride, we begin with the announcement parties, making known the engagement or date of the wedding. We plan every possible variety of shower from "groceries" for the new kitchen to personal lingerie, and the contents of the "Hope Chest." We plan her wedding, her first dinner (for the awe-inspiring in-laws), the house warming party in the new home, and showers for all coming events. Then, of course, we start again with birthday parties.

These plans include games, decorations, favors and food, all suitable to the special occasion. They must often be made to suit some particular district, as naturally, we cannot plan the same kind of party for eastern Oregon, that we would for southern Arizona. Also, people in large cities can easily buy material for decorations or menus while people living in less populated districts are almost obliged to use their own imagination and originality in manufacturing decorations and favors and use local or canned supplies for their food.

We feel highly repaid for our efforts in this line as many of our correspondents write again and again for help, telling us how they have been complimented on their originality, and of the success of their parties.

The Homemakers' Bureau most cordially invites you to write for any information you desire, be it a recipe, a budget, a party plan, or a "Place I like to Eat" if you serve piping-hot muffins with their salad or luncheon dish.

Homemakers' Bureau



Little time and effort is needed to make muffins, and they furnish that "something" that gives interest to any meal. The family is sure to like them for breakfast, lunch or dinner, and guests will put your home on their list of "Places I like to Eat" if you serve piping-hot muffins with their salad or luncheon dish.

A standard muffin recipe may be varied in all sorts of ways; for instance, muffins made of corn meal, bran, or whole wheat flour are delicious, and when raisins, chopped dates or nuts are added you will have to make the mental note to double the recipe the next time you serve it.

Plain Muffins
1 egg beaten separately
1 cupful milk
1 1/2 cups flour
1 tablespoon sugar
2 tablespoons shortening
1/2 teaspoon salt
2 teaspoonfuls baking powder
Beat the egg white stiff. Beat the yolk, add the milk, salt, shortening, sugar and flour sifted with the baking powder. Beat until free of lumps. Fold in stiffly beaten white, and make in hot, well-greased muffin-pans in quite a hot oven (400 degrees F.) for about 15 to 20 minutes, depending on size. This recipe makes about 12 large muffins.

Variations
Whole-Wheat Muffins—Use 3/4 cup of whole-wheat flour in place of same amount of white flour.
Corn-Meal Muffins—Substitute 3/4 cup of corn meal for same amount of white flour.
Bran Muffins—Add 1/2 cup of bran to plain batter.
Fruit or Nut Muffins—Add 1/2 cup of raisins, chopped dates, nuts, apples or other cooked fruit to batter. This same variation is also delicious with the dark flour mixtures.
Sour Milk Muffins—Substitute sour for sweet milk in the standard recipe; stir into this 1/2 teaspoon of soda; and use only 1/2 teaspoon of baking powder.
The Homemakers' Bureau most cordially invites you to write for

any information you desire, be it a recipe, a budget, a party plan, or a "Place I like to Eat" if you serve piping-hot muffins with their salad or luncheon dish.

Home-Accidents Cause Of High Death Toll

By the United Press
Torrance and every other California municipality should take immediate steps to reduce the mounting death toll from accidents in the home.

Such is the recommendation of the California department of public health, which says that the home is the origin of nearly a third of all fatal accidents that occur each year.

"Domestic accident fatalities," the statement said, "arise from three major hazards. Circumstances leading to falls take 30 percent of the home deaths, burns and scalds account for 28 per cent, and poisonous gases, chiefly illuminating gas, are the agency in 15 per cent of these home fatalities.

If you live in a home with stairways, be sure and watch your step, the state health experts advised, as by far the largest proportion of deaths from falls are caused by tripping or slipping on stairs. Falls out of windows, or from balconies and porches, out of bed or over chairs also add to the domestic accident record.

"Fortunately, the accident death rate in the home has been declining for burns and scalds, and this may reflect the changes which have undoubtedly taken place in modernizing and safeguarding kitchen and domestic laundry facilities.

GRANT'S MINE YIELDS GOLD.
FALCON, Nev.—(I.P.)—When U. S. Grant was president of the United States he signed patents for the Yellow Bull mines at New Pass. Recently they have yielded \$20,000 in gold. Altogether they have produced \$250,000.

How to Prepare Hurry-Up Meals

First Day's Session of School Will Feature Pastry and "No-Trouble" Meals

Speedy preparation of menus will be featured in the opening cooking school session March 2, according to plans announced by Miss B. Edna Galvin, in charge of Torrance Herald-Safeway Stores three-day cooking school which will be held at Torrance starting tomorrow at 2 o'clock in the Woman's clubhouse.

According to Miss Galvin each recipe has been selected because of its interest to housewives as shown in requests to the Safeway Homemakers' Bureau. All recipes in the three sessions will include almost every form of practical cookery.

Miss Galvin will open her school with a demonstration of what she calls "fool-proof" pastry. She also will attack the average housewife's "bug-bear"—the successful making of meringue.

Homemakers attending the session will discover many old favorites disguised to make them appear as new dishes. They also will learn how to utilize left-overs and prepare "no-trouble-at-all" meals for unexpected guests.

Miss Galvin also will explain and demonstrate proper ways of making coffee and of setting the luncheon table.

Homemakers attending the session will discover many old favorites disguised to make them appear as new dishes. They also will learn how to utilize left-overs and prepare "no-trouble-at-all" meals for unexpected guests.

Death Angel Visits Three Lomita Homes

Well Known Residents Succumb After Brief Period of Illness

Carl A. Elmquist, aged 65, passed away Saturday morning at the Jared Sidney Torrance Memorial hospital from the effects of a stroke suffered the day before. Mr. Elmquist was brought to the hospital from his home at 2921 Pepper street.

He is survived by his father and mother living in Kansas, his wife, Cathleen Elmquist; one daughter, Mrs. Grace L. Frazer, of Healdsburg, and a brother, Ed Elmquist, of Oakland, California. Mr. Elmquist was born in Sweden but had resided in this country for a number of years.

Funeral services were held Tuesday, March 1, at 2:30 o'clock from Stone & Myers chapel.

Mr. Elmquist formerly resided at 1967 1/2 Plaza del Amo in Torrance where he owned considerable property. He had been an employe of the Pacific Electric shops for about 30 years, retiring from active service three years ago.

Friends in Lomita of Max Szwajkowski, 1129 Woodard street, were deeply shocked to learn of his death at the Navy hospital at San Diego Saturday afternoon. Mr. Swy as he was known among his associates here, had been ill only a very short time. He was taken to the Navy hospital on Friday where his death occurred the following day.

Mr. Swy was born in Toledo, Ohio, and had resided in Cali-

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The AMERICAN LEGION

OUR IDEALS AND ACCOMPLISHMENTS



WE SERVE — IN PEACE AS IN WAR
Contributed by Courtesy TORRANCE HERALD

form about 11 years. He is survived by his wife, Mrs. Enna E. Szwajkowski. He was about 42 years of age.

Mr. Swy was recently elected commander of the Fleet Reserve unit in Lomita and had many friends there who are deeply grieved to learn of his death.

Funeral services will be held at 2 o'clock Wednesday from Stone & Myers chapel with the American Legion, Fleet Reserve and Veterans of Foreign Wars taking part in the services.

William Bish, a former resident of Lomita, passed away at the home of his grand-daughter, Mrs. Baugh of Pasadena, on Saturday. He had resided at 1646 Cypress

street until about November 1, last year, when he went to his grand-daughter's home. Funeral services were held in Pasadena Monday.

PAGE THE VIGILANTS OLD WHITE MARE STOLEN
Somebody is going to stage a "Paul Revere" some dark night soon. At least such is the theory of the Torrance police department, to whom Mrs. Exner, 3053 Cherry street, Lomita, reported the theft of a white mare. The animal had been missing for about a week when Mrs. Exner asked the police on Friday to investigate.

LOOK! MAGIC!



NO LUMPS!
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NEVER TOO THICK!
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A LEMON CREAM PIE FILLING MADE WITHOUT COOKING!

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Try it—and try that same lemon mixture (minus the eggs, if you like) in a Lemon Sauce, or an Ice Box Cake, or a Pudding. It's a short-cut to all sorts of good things!

*MAKE NO MISTAKE. Be sure you use the right kind of milk in this recipe—Eagle Brand Sweetened Condensed Milk. Although evaporated milk is fine for many uses, it simply won't work in this magic recipe.

MAGIC LEMON CREAM PIE

1 1/2 cups (1 can) Eagle Brand Sweetened Condensed Milk*
1/2 cup lemon juice
Grated rind 1 lemon or 1/4 teaspoon lemon extract
2 egg yolks Baked pie shell
Blend together Eagle Brand Sweetened Condensed Milk, lemon juice, grated lemon rind (or extract) and egg yolks. Pour into baked pie shell. Cover with meringue made by beating 2 egg whites until stiff and adding 2 tablespoons granulated sugar. Bake until brown in a moderate oven (350°). Chill before serving.

TOMORROW AFTERNOON—
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and on cooking will gladly help cooking school experts—and housewives, too—with timely suggestions on any specific food problem or entire menu for economical home meals and unique party plans and dainties. Simply address Betty Crocker, General Mills, Minneapolis, Minnesota.

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